

Resource List- Preserving Foods for Fair

Use research tested recipes to be sure your canned goods are top quality. The following have been scientifically tested for safety and quality:

CSU Extension Fact Sheets, Two to four page publications that cover food preservation. These are available free from the CSU Extension: http://www.ext.colostate.edu/menu_nutrition.html.

So Easy to Preserve, 5th edition. c. 2006. University of Georgia.

Ball Blue Book of Preserving. (1994 edition or later).

Ball Complete Book of Home Preserving, c. 2006. Jarden Corporation.

Complete Guide to Home Canning, United States Department of Agriculture, 1994 edition or later.

Guide: Judging Home Preserved Foods. http://nchfp.uga.edu/publications/nchfp/tech_bull.html

Jarden Home Brands: www.freshpreserving.com

National Center for Home Food Preservation: www.uga.edu/nchfp

Salsa Recipes for Canning. New Mexico State University Extension:
<http://aces.nmsu.edu/pubs/e/e-323.pdf>

Salsa Recipes for Canning. Washington State University Extension:
<http://cru.cahe.wsu.edu/CEPublications/PNW0395/PNW0395.pdf>

Note: Other University Extension fact sheets can be used to find recipes as well-make sure to adjust processing time for altitude in Colorado.